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LIP AUGMENTATION POST-OP INSTRUCTIONS

Lip augmentation is usually performed with Alloderm™ and occasionally supplemented with fat injections. Each tip has two incisions near the corner of the mouth. Wound care is simply applying A & D ointment or Aquaphor twice daily. It is important you try to protect the incision sites until closure in complete and primary healing has occurred. This is usually 7 – 10 days. Sutures are removed on fifth day. Early after surgery a softer diet and minimal tongue manipulation of the corner of the mouth would be wise. The lip will feel “rope like” for several weeks at which time you will be instructed in lip exercises to prevent any banding. Lip sensation is usually unaffected, extremely hot liquids should be avoided.

1. You must have a responsible adult drive you to our office on the day of surgery, drive you home after surgery and care for you for 24-48 hours after surgery.
2. Bed rest for first 48 hours.
3. You may go to the bathroom with assistance as needed.
4. It is very important for you to stay off your feet as much as possible for the first 7 days, keeping legs elevated as much as possible.
5. Take medications according to instructions on bottles. If you are taking pain medications that make you feel drowsy, have someone else give you your medications according to the prescribed time intervals. Under such circumstances you could forget and take them too often.
6. The period of greatest discomfort does not usually last more than 24 to 48 hours. Thereafter, you may find you need your pain medication less frequently.

Call the office if you have any of the following:

1. Severe pain not responding to the pain medication.
2. More swelling and/or pain on one side than the other.
3. Temperature
4. Excessive discharge or oozing from liposuction sites.

2 - Liposuction

5. Other questions or problems.

Additional Instructions:

1. Avoid smoking for 48 hours after your surgery.
2. You may drive a car after 4-5 days.
3. Do not sit in the sun or heat for 3-4 weeks after surgery since this could cause excessive swelling and firmness.
4. You must wear a compression garment continuously for the first 7 days except to shower. If the garment gets soiled, you may remove it long enough to wash and dry it.
5. Wear compression garment for 3 weeks after surgery, as needed for comfort.
6. Apply A & D Ointment or Aquaphor and Band-Aids twice a day.
7. No sports or strenuous activities for 4 weeks following surgery, including exercise walking.

Follow-up Office Visit:

1st Visit: Usually the day after surgery for a wound check.

2nd Visit: 5-7 days after surgery. If non-absorbable sutures were used, they will be removed.

3rd Visit: 3-4 weeks after surgery.

Subsequent Visits will be determined by Dr. Sheffield/Dr. Lowenstein. Postoperative photos will be taken during one of these visits.